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SOCHI WATCH

• **9 a.m.** Patrick Chan may make history as the first Canadian to take home men's figure skating gold at the Olympics.

• **11 a.m.** Team Canada faces Austria in the second of three preliminary-round hockey games. **GREG DOWNS/FOR METRO**

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HOCKEY HEAVEN

Fans cheer during the Canadian Olympic men's hockey team's preliminary round game against Norway, a 3-1 victory, on Thursday at Bolshoy Ice Dome in Sochi, Russia. The game was just the beginning, as fans get ready to go at it again on Friday when the Canadian men take on Austria. Olympics coverage, pages 5, 10 & 16-18. BRUCE BENNETT/GETTY IMAGES

Province's leaders warm to federal infrastructure plans

Harper announces details. Provincial, municipal officials give Building Canada tentative thumbs-up after learning more

MARCO VIGLIOTTI
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Saskatchewan provincial and municipal leaders offered a tempered reaction on Thursday to the federal government's revamped $14-billion Building Canada infrastructure program.

Government Affairs Minister Jim Reiter said the province is excited to finally learn more about the crucial 10-year spending plan, but stressed that additional information continues to be needed from Ottawa.

"We are happy we're starting to get some information. We've got a lot of infrastructure projects we would like to get on their way," Reiter told Metro after Prime Minister Stephen Harper announced details that were not included when the federal draft budget was unveiled on Tuesday.

"There are still going to be a lot more details that need to be worked out."

The Harper government's infrastructure program earmarks $10 billion for provincial and territorial projects, including $1 billion for communities with fewer than 100,000 residents.

Each province will receive a base sum of $250 million and an additional per capita allocation.

Provincial Finance Minister Ken Krawetz said earlier this week that Saskatchewan could expect to receive only $15 million in the first year of the program — with that allocation to increase in future years.

The remaining $4 billion under Building Canada will be set aside for projects of national significance.

Provincial officials will work with Ottawa in the coming weeks to learn more about the recently hatched funding scheme, Reiter said.

Municipal leaders in Saskatchewan also voiced measured enthusiasm for the program but expressed concerns about a tight time-frame, as funds are expected to begin flowing on March 31.

"We have some concerns … about the details," said Regina Mayor Michael Fougere, citing questions about criteria to be used to evaluate programs and the speed with which funding will reach the city.

Don Atchison, mayor of Saskatoon, echoed those concerns but remains optimistic about the benefits the program could provide to his booming city.

"We don't have all the details yet, but we have a wonderful understanding of what they're going to be," Atchison said.

"It aligns with a lot of the projects we want to do in Saskatoon." **WITH FILES FROM JACOB MORGAN IN SASKATOON**

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'Density done right'

Regina Car Share doubles its fleet — to two — through new partnership

Regina Car Share Co-operative has teamed with a building developer to increase its fleet and add locations for its members.

Oak Park Living, which will begin building its Velocity condominium complex this spring, has purchased a Fiat 500L for the co-op.

The new vehicle — the co-op's second — will be parked for use at the Harbour Landing complex upon its completion in early 2015. In the meantime, it will be parked in city hall's parkade.

"These partnerships are definitely a win-win-win situation for all those involved. This is density done right for the city," Deputy Mayor Shawn Fraser said on Thursday.

Car-sharing is a fairly new concept in Regina. As the city grows, said co-op president John Klein, it's becoming a more viable means of transportation.

"It works out as a 24-hour self-serve rental service," Klein explained.

"Car-share vehicles tend to replace the need for about eight to 13 vehicles on the road for every vehicle shared."

The co-op purchased its first car in late 2009. It's currently shared by its 35 members.

A car-share membership costs $25 with a refundable $500 damage deposit. Members pay $7 for the first hour of driving and $5 for every hour after that.

SARAH TAGUIAM/METRO

In his state of the city address on Thursday, Mayor Michael Fougere said Regina's rapid growth requires an increased investment in infrastructure.
MARCO VIGLIOTTI/METRO

Mayor touches on growing pains

City hall. Familiar themes of economic growth, infrastructure renewal to be found in state of the city address

MARCO VIGLIOTTI
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Regina continues to reap the rewards of economic growth but faces continuing pressure to upgrade infrastructure in the face of explosive population gains, Mayor Michael Fougere said Thursday in his state of the city address.

Speaking to a crowd at the Queensbury Convention Centre, Fougere painted Regina as a thriving centre facing dazzling opportunities and steep challenges.

"The citizens of this province and city expect us to maximize growth for our benefit, and we're doing that," the mayor said, noting that Regina's attractive economic climate continues to lure people to the Queen City.

According to Fougere, demographic estimates place the city's population at about 212,000 — a gain of nearly 20,000 since the 2011 census.

Such growth leads to daunting challenges, he said, as aging infrastructure faces swelling numbers of users.

The escalating costs of infrastructure upgrades have been cited as a key factor in a seven per cent property-tax hike in the city's preliminary 2014 budget, unveiled last week.

While stressing that the seven per cent figure has yet to be approved by city council, Fougere claimed that many Reginans understand the need to raise taxes.

"People like the fact ... that we're dedicating one per cent (of the seven per cent increase) to fix our local roads," he said.

"That's never been done before."

In a speech that was about celebrating 2013 as much as looking ahead, Fougere did not mention new policies or projects — except for a hint at future plans to ease downtown traffic congestion. However, he didn't disclose details of the plan.

Run-off forecast

Central Sask. may face more severe flooding in spring

Saskatchewan's Water Security Agency says the Saskatoon, North Battleford and Prince Albert regions could be facing some significant challenges in the spring run-off.

The threat of higher-than-normal water levels is forecasted for a band stretching across the middle of the province to the Alberta and Manitoba boundaries.

The agency says the water level could be well above normal in and around Prince Albert, where there was more-than-average snowfall this winter.

However, the agency also cautions that the February runoff forecast is based on limited precipitation data and should be used as a general guide for large areas.

It says above-normal precipitation before the spring runoff and a fast melt could significantly change the forecast.

A more detailed run-off forecast will be prepared in early March and April.

THE CANADIAN PRESS

$50,000

Company fined for real-estate plot

Fines have been laid in a real-estate scheme that cost Saskatchewan residents $3 million.

The Financial and Consumer Affairs Authority has fined Landbankers International $50,000 and ordered the company to stop trading in or acquiring securities.

The authority says Landbankers raised millions from several Saskatchewan residents to allegedly develop a stretch of beachfront property in Mexico near a turtle sanctuary.

The development was promoted as including condominiums, a golf course designed by Jack Nicklaus, an airport and a marina.

But Landbankers didn't register with the authority, never claimed any exemptions and claimed the securities it sold would be listed on an exchange and have a certain future value.

Two people who sold Landbankers securities were also fined and banned from working in any capacity related to the trade of securities in Saskatchewan.

THE CANADIAN PRESS

Saskatchewanians amorous but not adventurous: Poll

Valentine's Day. Expect some kind of gift, survey indicates, even if it's only a heart-shaped pizza

SARAH TAGUIAM
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From cards and candlelight dinners to chocolates and flowers, Saskatchewanians are generally optimistic about Valentine's Day and prefer to celebrate it the traditional way, a survey has found.

Among about 800 people polled by Saskatoon-based Insightrix Research Inc., 70.5 per cent of those in a romantic relationship said they will celebrate on Feb. 14.

Still, five per cent professed their hatred for the day.

"What really struck me is how low the percentage of people who hate Valentine's is," said Insightrix senior researcher Mario Caceres.

"It seems that people in Saskatchewan are pretty positive."

Caceres believes the optimists like Valentine's because it gives them something active to do, despite the cold.

Thirty-four per cent of Saskatchewanians dine out on Valentine's Day, while others celebrate by giving presents such as cards (35.5 per cent), candies and chocolates (26 per cent) or flowers (19 per cent).

Fourteen per cent said they're waiting for the last minute to decide on gifts, while 11 per cent said they're not giving at all.

"Giving flowers and other traditional things is still pretty popular," said Eric Galbraith, an employee at Gale's Florist in Regina. "It's what a lot of people expect because it shows a certain sentiment."

D.J. Widenmaier-Smith, manager at a Hallmark store in Saskatoon's Midtown Plaza, said their customers are of all ages.

"We're getting anywhere from 13 to 15 (years old) and people in their 80s coming in," Widenmaier-Smith said.

WITH FILES FROM JACOB MORGAN/METRO IN SASKATOON

Eric Galbraith, an employee at Gale's Florist in Regina, says customers still opt to buy traditional presents such as flowers for their loved ones on Valentine's Day. SARAH TAGUIAM/METRO

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Animal welfare. Another Danish zoo considers killing healthy giraffe

Death threats sent to Copenhagen Zoo, which last weekend killed a healthy giraffe named Marius and fed it to lions in front of a young audience, have not deterred another Danish zoo from the same course of action.

Jyllands Park Zoo is seeking a female giraffe that would replace one of its two males — a seven-year-old, also named Marius.

The zoo claims the animal could not stay without threatening the breeding programme, and would be difficult to re-house.

A second zoo is considering killing a healthy giraffe. GETTY IMAGES FILE

"If we are told we have to euthanize (the giraffe) we would of course do that," Jyllands Park zookeeper Janni Løjtved Poulsen told Denmark's TV2, adding that she was "completely behind" Copenhagen Zoo's decision.

An online petition demanding Jyllands Park "transfer (Marius) to alternative accommodation and spare his life" reached 4,000 signatures in a matter of hours. A spokesman for animal welfare group PETA gave support for the campaign: "Zoos keep animals on display like living museum exhibits and dispose of them when they become inconvenient."

KIERON MONKS/METRO WORLD NEWS

CSEC. Watchdog review clears spy agency's airport data experiment

A federal watchdog says Canada's electronic eavesdropping agency did not invade the online activities of Canadians during a controversial study of wireless communication at airports.

The independent body that monitors Communications Security Establishment Canada says the spy agency's effort wasn't about mass surveillance or the tracking of Canadians.

A CSEC document obtained by CBC — originally leaked by former U.S. spy contractor Edward Snowden — suggested information was taken from an unidentified Canadian airport's free Wi-Fi system over a two-week period.

In a new posting on its website, the CSEC watchdog says it has since questioned eavesdropping agency employees about the project.

It says the effort was used by CSEC to understand global communication networks and was not directed at Canadians or people in Canada.

THE CANADIAN PRESS

Is our focus on hockey a detriment in Sochi?

Team Canada fans show support for the women's hockey team during a 3-2 win over Team USA at the Sochi Winter Olympics on Wednesday.

ADRIAN WYLD/THE CANADIAN PRESS

Winter Olympics. Expert says the rest of Canada could learn something from Quebec, which does a good job of supporting all athletes —not just ones from the NHL

DAVE LANGFORD
Metro in London

At noon EST Thursday, the Olympics in Sochi changed — and some people are suggesting not for the better.

That was when the Canadian men's hockey team took to the ice against Norway and began their 11-day pursuit of the Olympic gold medal.

So despite Patrick Chan beginning his chase for the elusive Canadian dream of winning the first men's singles figure-skating title, most Canadians were glued to TV sets in homes, offices and bars to watch Sidney Crosby, Drew Doughty and other NHLers.

Dr. Janice Forsyth, director of the International Centre for Olympic Studies at Western University, said the non-NHL athletes need more support, at least for the 17 days of the Sochi Games.

"This intensive focus that we have on hockey is understandable from a cultural point of view, but I think the media isn't doing our athletes in our sport system any favours by not giving the other athletes their due attention," Forsyth said.

Forsyth said even though the women's hockey coverage has improved, it has nowhere near the same interest as the men.

"In Canada, there is just that intensive focus that we have on hockey — and it's mostly around men's hockey, let's face it. It's really challenging when you don't see the other athletes getting as much attention," she said.

Forsyth said the focus on men's hockey is a "detriment to the other sports."

"It's because the NHL is taking a break and they're trying to generate excitement from the NHL crowd in the Olympic Games, just spinning the NHL model a different way, this time where the athletes actually represent their country," she said.

"In terms of trying to support the other athletes and generating support, it's not necessarily a good thing."

There is more balanced coverage of all athletes in Quebec, she said.

"We could actually learn a lesson from Quebec because they really do hold up their athletes as role models, and not just the hockey players," Forsyth said.

"They've got a really good funding base in the province, they've got good opportunities for sponsors — of course corporate sponsors step up the plate — and media is very supportive of all of the athletes."

Canada's hockey obsession

"In terms of trying to support the other athletes ... it's not necessarily a good thing."

Dr. Janice Forsyth, on the attention paid to the men's Olympic hockey team.

Ice, snowstorms wallop U.S. East Coast, South

Relentless winter. More than 750,000 homes and businesses without power

The latest storm to roll off nature's assembly line this winter spread heavy snow and sleet along the U.S. Northeast corridor Thursday, while utility crews in the ice-encrusted South laboured to restore power to hundreds of thousands of shivering residents.

The sloppy weather shuttered schools and businesses, grounded more than 6,000 flights on Thursday alone and created more back-breaking work for people along the East Coast, where shovelling has become a weekly chore — sometimes a twice-weekly one.

"Snow has become a four-letter word," said Tom McGarrigle, chairman of the Delaware County Council, in suburban Philadelphia, where a fourth snowstorm above 15 cm in one season marked a historic first.

Baltimore awoke to 38 centimetres of snow. Washington, D.C., had at least 20, shutting down federal offices and the city's two main airports. New York City took nearly 25 centimetres, parts of New Jersey 28. Boston expected 10 to 15, while Connecticut and Massachusetts were looking at 30 or more.

THE ASSOCIATED PRESS

A cyclist rides in New York's Chinatown Thursday. Snow covered the U.S. East Coast From North Carolina to New England. MARK LENNIHAN/THE ASSOCIATED PRESS

Treacherous

At least 18 dead

At least 18 deaths, most of them in traffic accidents, were blamed on the storm as it made its way across the South and up the coast.

Among the victims was a pregnant woman who was struck and killed by a snowplow in New York City. Her baby was delivered in critical condition via cesarean section.

The dead also included a man hit by a falling tree limb in North Carolina and a truck driver in Ashburn, Va., who was working to clear snowy roads. He was standing behind his vehicle when he was hit by a dump truck.

BASE jump. Man in video parachuting off Whistler gondola wanted by RCMP

A dramatic YouTube video that shows a couple hooting and hollering in a gondola at the Whistler ski resort before the man leaps off and unfurls a parachute nearly half a kilometre above the valley has turned the jumper into both an Internet hit and a wanted man.

In the video, which by Thursday had been viewed more than 130,000 times, a young man dons a helmet cam and steps out of a cabin hanging from the Peak 2 Peak gondola, which connects Whistler and Blackcomb mountains.

Then he jumps, parachuting safely into the valley below.

Now, police have arrested a 23-year-old woman and are looking for the jumper, believed to be a 25-year-old Ontario man living in Vancouver.

RCMP Staff Sgt. Steve LeClair said police plan to recommend charges of mischief over $5,000 against the man.

The woman was arrested on Wednesday and may face charges of obstruction of justice and mischief over $5,000.

THE CANADIAN PRESS

A screen grab from the YouTube video showing a man just before he parachuted off the gondola at the Whistler ski resort. YOUTUBE

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Afghan women protest domestic violence law

Article 26 limits justice for abused.
100 women march through Kabul

Afghan women marched in Kabul on Thursday to protest violence against women and decry a new draft law that activists say will severely limit justice for victims of domestic abuse.

Afghanistan's parliament recently passed a new criminal procedure code that would ban people from testifying against their own relatives.

Legal experts say the law would curb prosecutions involving violence against women, where relatives are often the only witnesses.

While the new legislation, known as Article 26, does not specifically mention women or domestic violence, it bars a broad swath of "relatives" from acting as witnesses, which presents a problem in a country where women are often cloistered at home and the bulk of violence committed against them is either by or in front of family members.

In practice, legal experts say, it would mean that a woman cannot testify that her uncle raped her, that a mother who sees her daughter beaten by her father or brother cannot testify, that family members witnessing a young woman being forced into marriage by her father cannot be used in a prosecution, and that a sister or brother who witnesses an honour killing cannot be questioned. THE ASSOCIATED PRESS

Afghan women protest in Kabul Thursday a new draft law that they say will limit justice for victims of domestic abuse. MASSOUD HOSSAINI/THE ASSOCIATED PRESS

Ottawa human trafficking

Man gets 6 years for forcing teen into prostitution

A Montreal man convicted of human trafficking in Ottawa has been sentenced to six years in prison for forcing an orphaned teenaged girl into prostitution.

Court heard Jamie Byron, 24, lured his 17-year-old victim from her home in Windsor, Ont., and forced her to travel between several cities working as a prostitute. THE CANADIAN PRESS

Scotland independence

Walk away, lose the pound, U.K warns Scots

Scotland has been warned. If it votes to leave the United Kingdom later this year, then it walks away from the pound.

That's the hard-line and potentially game-changing message presented Thursday by U.K. Treasury chief George Osborne, who ruled out a currency union in a speech in the Scottish capital of Edinburgh. THE ASSOCIATED PRESS

Blasts rock Baghdad market

Iraqi firefighters battle a blaze caused by two simultaneous bomb blasts that killed at least five people and wounded 15 in Baghdad's Al-Arabi wholesale market Thursday. A police officer said two bombs were hidden in clothing stalls. The bombings took place as Iraqi security forces and allied Sunni tribal militias are battling al-Qaida-linked militants who have seized significant areas in the country's west since late December. KARIM KADIM/THE ASSOCIATED PRESS

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Would you pay to be locked up?

They'll let you out ... eventually. Escape games force players to use wits to win freedom

KATE WEBB
Metro in Vancouver

If you've ever wanted to pay to be locked in a room from which you must complete puzzles to escape, then this new Richmond, B.C. game facility is for you.

EXIT has four themed rooms: The Lost Ship, Ancient Egypt, Prison Escape and Laboratory Escape. Groups of anywhere from two to six people have 45 minutes to figure out how to get out by using critical thinking skills to solve challenges and riddles.

"It involves a lot of different skills to solve," said owner Justin Tang, who discovered the concept in his homeland of Hong Kong, where it is wildly popular.

"You need some basic math and you need teamwork, so it's not only thinking; it might be some action where you have to co-operate with a teammate."

The "real life escape room" business was inspired several years ago by "escape room" video games popularized in Japan, and has already taken off in the U.S., England, Switzerland, Japan, Taiwan, Malaysia, Thailand and Mainland China.

Swiss company Adventure Rooms has a similar facility in Kitchener, Ont.

Tang said business is booming and he has already had about 7,000 players come through since he opened in October.

"I've been in Canada for over 16 years, and I really think that, especially in British Columbia, we need more entertainment," he said, chuckling.

"I explored around the world and I found this idea, and I think that Canadians definitely enjoy this kind of experience, and so far what I've heard from my customers is positive."

Tang added he has already had franchise inquiries from San Francisco, Montreal and Toronto.

He has booked players as young as nine, but because of the sophistication of the game, he said it is recommended for ages 16 and up. The cost per game is $22.99 per person plus GST.

Laboratory Escape is one of four theme rooms at EXIT, a "real life escape game" facility in Richmond, B.C. COURTESY EXIT CANADA

Facebook expands its gender identity choices

You don't have to be just male or female on Facebook anymore. The social media giant is adding a customizable option with about 50 different terms people can use to identify their gender as well as three preferred pronoun choices: Him, her or them.

Facebook said the changes, set to launch on Thursday, initially cover the company's 159 million monthly users in the U.S. and are aimed at giving people more choices in how they describe themselves, such as androgynous, bi-gender, intersex, gender fluid or transgender.

"There's going to be a lot of people for whom this is going to mean nothing, but for the few it does impact, it means the world," said Facebook software engineer Brielle Harrison, who worked on the project and is herself undergoing gender transition, from male to female.

Facebook staffers said the expanded options were never questioned, from CEO Mark Zuckerberg on down.

"Really, there was no debate within Facebook about the social implications at all," said Alex Schultz, director of growth. "It was simple: Not allowing people to express something so fundamental is not really cool so we did something. Hopefully a more open and connected world will, by extension, make this a more understanding and tolerant world." THE ASSOCIATED PRESS

Lac-Mégantic victims aim to sue Ottawa

Quebec train disaster. Class-action lawsuit has expanded, claiming government was 'grossly negligent' in oversight

Victims of the Lac-Mégantic train disaster aim to sue Ottawa for allegedly failing to prevent a railway with the poorest safety record in North America from shipping highly explosive cargo through their town.

A runaway train carrying crude oil derailed last summer and exploded in the centre of the Quebec community, killing 47 people and destroying part of the downtown core.

The lead lawyer for an existing class-action suit has now expanded the long list of defendants to include the Attorney General of Canada, which delegates regulatory powers to the Canadian Transportation Agency and Transport Canada.

In the document, lead lawyer Daniel Larochelle alleges Transport Canada did not sufficiently sanction the Montreal, Maine & Atlantic Railway, even though the department was aware of the company's repeated violations, including train drivers allegedly failing to apply a sufficient number of brakes. THE CANADIAN PRESS

First filed in July

The class-action was first registered in July and targets numerous defendants, including the MM&A, its chairman Ed Burkhardt, train driver Tom Harding and companies allegedly responsible for the crude oil on board the train.

Roses are red, violets are blue, your flowers go through customs on their way to you

A group of U.S. Customs and Border Protection officials check imported flowers at Miami International Airport on Jan. 9. Before millions of Americans can present their loved ones with a bouquet of Valentine's Day roses, most of the flowers are flown from Colombia and Ecuador to Miami, many in the bellies of passenger planes. There, cargo handlers and customs agents — call them Cupid's helpers — ensure that the deep red petals stay perfect until they reach their final destination. In the weeks leading up to Valentine's Day, about 738 million flowers — 85 per cent of imported flowers — come through the Florida airport. Los Angeles is a distant second, with 44 million. THE ASSOCIATED PRESS

Market Minute

DOLLAR
91.10¢
(+0.17¢)

TSX
14,001.65 (+101.16)

OIL
$100.35 US (-$0.02)

GOLD
$1,300.10 US (+$5.10)

Natural gas: $5.22 US (+$0.39)
Dow Jones: 16,027.59 (+63.65)

How to protect consumers?

Goliath Comcast grows even larger with Time Warner

Comcast is creating a dominant force in American entertainment and presenting federal regulators with an equally outsized quandary: How should they handle a conglomerate that promises to improve cable TV and Internet service to millions of homes but also consolidates unprecedented control?

Comcast, which was already the No. 1 pay TV and Internet provider in the U.S., says its $45.2 billion US purchase of Time Warner Cable will provide faster, more reliable service to more customers. THE ASSOCIATED PRESS

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TICKETS: $60 from Gord at 306-789-5532 or clawsforacause@hotmail.com
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MEDAL FOR MOST EMBARRASSING DAD

THE METRO LIST

Mike Benhaim
metronews.ca

1 #GoCanadaGo. There's no greater story than three hot sisters representing our country at the Olympics. The fact that two of them beat everyone else was just a welcome bonus. To the Dufour-Lapointe family of Quebec, I say "Bravo!" because they deserve it, and also because it's the same word in French and I don't want to offend Pauline Marois.

2 What a luger. After finishing 22nd in men's luge, American Tucker West became talk of the tweets when his dad told the world he was single and shy. Moments later he had prom invitations, marriage proposals, and I imagine, some freaky propositions. Like I always suspected: Ladies love luge. #TeamTucker

3 American Idol. Fresh off their flights, contestants were assembled at an airport hangar outside LAX where some were asked to re-audition. Judges divided the group into one bus headed for the hotel, and another directly back to the airport. They could have done it before departure, but apparently once you tell someone they're going to Hollywood, you actually have to take them to Hollywood.

4 Playing ball. Missouri college football star Michael Sam declared his homosexuality and lit up every media possible. Some of the NFL's execs and coaches issued an "anonymous" statement to Sports Illustrated saying that they expect Sam's draft position to drop, and added "I don't think football is ready for an openly gay player yet." It's true, the NFL is not ready to handle the fact that those are their best players.

5 Bieb-wacked. Blake Griffin is the star power forward for the L.A. Clippers: 24 years-old, an all-star, rich, talented and possessing an inspirational work ethic. A hero. So when a false rumour circulated that Griffin intervened during a Justin Bieber meltdown at a Starbucks in West Hollywood, and slapped the young singer, it spread across social media like wildfire. Why? Because so many of us wanted it to be true.

6 Polly-Wolly Doodle. The good ship lollipop sailed into the sunset this week when the world lost one of Hollywood's earliest movie megastars in Shirley Temple. Even more surprising was the outpouring of love from people of all ages who cited Temple as their inspiration. If there's a Twitter in heaven (and let's face it, there must be), then she would be very proud of her legacy. #RIP-Shirley

7 To my wifey. I'll just say this: Whatever anyone thinks of me, it would be much worse if I didn't have you. Happy Valentine's Day. If ever there were a time to let your significant other know how special he or she is, it's today. Gift, card, candy — as long as it comes from the heart. You can make an online proclamation of affection (or mention your special someone in a newspaper column) but beware that what you're really saying is, "I ain't spending no $100 on flowers!"

Follow The Metro List on Twitter @TheMetroList

ZOOM

Ahead of the rest in Sochi

Hurtling headfirst down an icy track at 125 kilometres per hour without brakes takes skill. And thanks to their helmets, the Canadian Olympic skeleton team does it in style. THE CANADIAN PRESS

1. Sarah Reid, from Calgary, heads down the track wearing the face of a stylized corpse with a maple leaf backdrop. DITA ALANGKARA/THE CANADIAN PRESS

2. Eric Neilson of Kelowna, B.C., touches on the dark side with his demon head and piercing eyes. DITA ALANGKARA/THE CANADIAN PRESS

4. Mellisa Hollingsworth, a native of Eckville, Alta., dug into her love of sliding and horses with a horse skull design. DOUG PENSINGER/GETTY IMAGES

3. John Fairbairn, from Calgary, has decorated his brain bucket with a glowing brain. DITA ALANGKARA/THE CANADIAN PRESS

Sarah Reid

"The girl on the front is kind of feminine and girly ... I'm a bit of a girly girl. But I'm in kind of a hardcore sport so it's a Day of the Dead image."

Eric Neilson

"There's two sides of me. There's a fun, happy go-lucky kind of guy and then there's a guy that's kind of all business ... So when I put the helmet on, it's kind of business time."

John Fairbairn

"We were racing at a track in Germany a number of years ago and the track announcer started calling me Fairbrain. And one of our (coaches) kind of picked up on that."

Mellisa Hollingsworth

"I grew up on a ranch in Alberta. Horses have been a part of my life. The last couple of summers I've competed professionally in barrel racing, (on) the rodeo circuit."

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Listen. Don't panic if you're just learning this now, but today is Valentine's Day. There's still time to make things right, and you can handle it all via your smartphone — which is your actual true love, anyway.

RICHARD ELZEY/FLICKR

Shuttersong:

This is about as simple a solution as you're going to find. Snap a selfie of you at your most fetching, and send it along to your sweetie accompanied by a gooey, lovelorn audio note or an impromptu ballad. Crisis averted. (iOS/Free)

Telegram Stop:

Is your target savvy enough to see through your Shuttersong scrambling? This app allows you to type a message that will then be sent to your paramour's mailbox as a classic, old school telegram. Like 1800s classic. "What, your valentine didn't arrive? Last time I trust wild west technology for something so important!" Smooth. (iOS/$7.15 per telegram)

My Valentine Recipes:

Sharper in the kitchen than you are with your diction? Put the love notes aside in favour of more than 100 romance-themed dishes and desserts, complete with easy to follow instructions and a simple shopping list creator to make the Valentine's Day rush quicker. Though, any day is a good day for a bloody mary shrimp cocktail. (iOS/$0.99)

Twitter

@metropicks asked: .@Barbie graces Sports Illustrated cover and is 'unapologetic.' What message does it send?

@Canucklehead_ca: Meh. @Barbie is no less plastic than most of the previous covers. Only thing possibly offensive is the blatant commercialism.

@mtlkeith: Its a freakin doll.:((

@theReal_KPHILL: @Barbie @mattel is getting desperate creating controversy, Barbie can't compete to today's youth influences.

@roboramma: that they ran out of ideas and this was their last resort? @Barbie #goodwork

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

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SCENE

Synopsis

Just in time for Valentine's Day comes Winter's Tale, the romantic time travel tale of Peter Lake (Colin Farrell), a turn-of-the-last century burglar who comes across the love of his life while robbing a mansion he thought was empty. Beverly Penn (Downton Abbey's Jessica Brown Findlay), the beautiful-but-doomed daughter of a wealthy newspaper tycoon, is a precocious and philosophical young woman with just months to live. He wants to save her, but first he must save himself from evil crime lord Pearly Soames (Russell Crowe), a brutal man who wants Lake dead. Then, in a twist suggested by the Brothers Grimm, he finds himself thrust 100 years into the future with only the faded memory of Beverly and a white guardian angel horse as company.

- Richard: ●○○○○
- Mark: ●●○○○

It's a testament to Colin Farrell's charm that Winter's Tale doesn't completely fall flat. CONTRIBUTED

Lovers in a mystical time

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Winter's Tale. The Reel Guys aren't buying this Colin-Farrell-fronted story of love, time travel and a flying horse

Richard: Mark, I am not a cold-hearted man. I like love stories as much as anyone and, as a fan of Say Anything, almost well up whenever I hear Peter Gabriel's In Your Eyes. But the sledgehammer romance of Winter's Tale left me feeling bruised rather than buoyed. The mix of metaphysical romance, magic realism and demonic revenge is a strange stew that worked well in the book by Mark Helprin but seems to have lost something in the translation to the screen. I feel the sight of Colin Farrell flying above New York on a winged Pegasus is best left in the mind's eye.

Mark: Richard, sometime in the '80s, I was dating a girl who gave me a copy of the book, which she said was the "greatest novel of all time." I read about a third of it, tossed it on the floor, and subsequently broke up with her. So obviously the story, with its magic/tragic, hocus/pocus view of romance isn't for me. This is not a poorly made movie. It's lovely to look at, has some fine acting, and has a lot of good dialogue mixed in with the bad. But Richard, there's a magic horse in it. That horse will separate those who will be enthralled by the film from those who think it's embarrassing hooey. Guess which group I fall into?

RC: I'm with you on the Pegasus and it's a credit to the charm of Colin Farrell and Findlay that the romantic side of the tale comes alive at all. The first meeting between Peter and Beverly, over a cup of tea, is simple, effective and bristles with starry-eyed tension. More of that and less of the magic horse and I might have bought into the story. As it was I felt like I was strapped to a chair and force-fed all the Valentine's Day episodes of Touched by an Angel. What did you make of Russell Crowe? He seemed like he was having fun with his demonic gangster routine, but did it work for this movie?

MB: Yes, Crowe is one of the things in the movie that worked for me. It was the casting of his boss that was ridiculous, a preposterous cameo that threw off the already precarious balance of the film. When he came onscreen, there was no turning back from its silliness. But even if I accept the movie on its own ridiculous terms, it still has a major problem. It's like a two act play, but the two halves don't cleave together. The second act, which happens in present day New York, feels rushed and arbitrary. At least the first act takes some time building characters and mood. What did you think of the female lead, Jessica Brown Finlay?

RC: She's beautiful, a little frail and doesn't get buried by the schmaltz. I thought she was nicely cast.

MB: As was William Hurt. Always nice to see him working again.

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Films to remind us life isn't all love and roses

MATT PRIGGE
Metro World News in New York

It's Valentine's Day, which doesn't mean you need to torture yourself with a film affirming the power of love. Instead, snuggle up with one that speaks to the other extreme: that love can die.

Gone With the Wind (1939)
Deplorable ode to the South rising again or the artistic pinnacle of the Hollywood studio system? It's both — and it's also one of the great anti-romances. Shot down by Ashley Wilkes (Leslie Howard), Scarlett O'Hara (Vivien Leigh) instead toys with the affections of dashing ladies' man Rhett Butler (Clark Gable). After 3 ¾ hours of being jerked around, he's finally had enough. His weary kiss-off — "Frankly, Scarlett, I don't give a damn" — has been replayed till it barely has any meaning, but it's truly one of the most badass eff-yous in the movies.

We Won't Grow Old Together (1972)
Best. Title. Ever. In Maurice Pialat's unforgiving, powerfully unsentimental drama, we see the last throes of the union between a miserable, forty-something filmmaker (Jean Yanne) and his much younger girlfriend (Marlène Jobert, Eva Green's mom). Perhaps once he was alluring, but his career has stagnated and he's become an emotionally abusive cad who's gotten too used to having an understanding, weak-willed paramour." (His "pet name" for her appears to be "rat.") It's an insightful examination of mutual neediness.

Modern Romance (1981)
Albert Brooks is Woody Allen if Woody Allen didn't love himself. The "Albert Brooks" character (at least early on) is a self-absorbed monster who targets mates the way a cat does a mouse. His second directorial feature begins with Brooks' Hollywood editor breaking up with his girlfriend (Kathryn Harrold). He immediately regrets this, then spends half the movie trying to win her back. Once she relents, he instantly suspects her of infidelity. Though a comedy, and a very funny one, it's the darkest kind, one beloved by no less a warm-hearted soul than Stanley Kubrick.

She-Devil (1989)
Likewise, there are lots of movies about jilted lovers (Diary of a Mad Black Woman springs to mind), but too few where the wronged party plots an elaborate revenge then gradually and patiently sees it through to the bitter end. Justifiably peeved that her husband (Ed Begley) has run off with a beautiful woman who looks like 1989-era Meryl Streep (Meryl Streep), a portly housewife (Roseanne Barr) plays a long con that slowly unravels every piece of her ex's new, splashier life. Wait: they're fighting over Ed Begley?

If only we could erase past loves from our memory, like in Eternal Sunshine of the Spotless Mind. CONTRIBUTED

Eternal Sunshine of the Spotless Mind (2004)
Oh, if we could erase the bad memories of a failed relationship, as Jim Carrey's sad sack does in Charlie Kaufman and Michel Gondry's manic break-up fantasy. Crippled after his relationship with free-spirit alkie Kate Winslet ends horribly, he finds that his solution only makes him long for the good times being zapped from his brain along with the bad. As Woody Allen concluded in Annie Hall, we repeatedly put ourselves through the often atrocious and upsetting process of dating because "we need the eggs." If only we didn't.

Blue Valentine (2010)
First they're falling in love. Then they're breaking up. Then they're having hot sex for the first time. Then they're having crap sex, probably for the last time, in a weird hotel room. Back and forth, over and over again, goes this look at a couple (Michelle Williams and Ryan Gosling), whose romance doesn't go the full mile. It's easy — it's really, really easy — but damned if the structure doesn't hurt gangbusters anyway.

Ratings and synopses courtesy of Rotten Tomatoes. For more movie reviews, trailers and news go to RottenTomatoes.com.

Ratings: *Certified Fresh:* *Fresh:* *Rotten:* *Audience response:* *Audience anticipation for the film:* +

Drama

Endless Love

Director. Shana Feste

Stars. Alex Pettyfer, Gabriella Wilde

Alex Pettyfer and Gabriella Wilde star in Endless Love, the story of a privileged girl and a charismatic boy whose instant desire sparks a love affair made only more reckless by parents trying to keep them apart. Endless Love was inspired by the 1979 novel and 1981 film of the same name.

Rotten Tomatoes™ score
Critics: 30% **Audience:** + 89%

Comedy/Romance

About Last Night

Director. Steve Pink

Stars. Kevin Hart, Michael Ealy, Regina Hall

A modern reimagining of the 1986 romantic comedy starring Rob Lowe and Demi Moore, this contemporary version closely follows new love for two couples as they journey from the bar to the bedroom and are eventually put to the test in the real world.

Rotten Tomatoes™ score
Critics: 100% **Audience:** + 90 %

Drama

Inside Llewyn Davis

Director. Ethan and Joel Coen

Stars. Oscar Isaac

Inside Llewyn Davis follows a week in the life of a young folk singer as he navigates the Greenwich Village folk scene of 1961. Guitar in tow, huddled against the unforgiving New York winter, he is struggling to make it as a musician against seemingly insurmountable obstacles.

Rotten Tomatoes™ score
Critics: 94% **Audience:** 76%

THESE PAGES COVER MOVIE START TIMES FROM FRI., FEB. 14 TO THURS., FEB. 20. TIMES ARE SUBJECT TO CHANGE.

Southland Mall 3025 Gordon Rd.

12 Years a Slave (14A) Fri 6:55-9:55 Sat-Thu 12:35-3:45-6:55-9:55
American Hustle (14A) Fri 6:45-9:50 Sat-Thu 12:30-3:35-6:45-9:50
Anchorman 2: The Legend Continues (PG) Fri 7:20-10:10 Sat-Thu 12:55-3:55-7:20-10:10
August: Osage County (14A) Fri-Thu 10
Devil's Due (14A) Fri-Thu 9:35
Frozen (G) Sat-Thu 1:10
Frozen 3D (G) Fri 7 Sat-Thu 4:10-7
The Hunger Games: Catching Fire (PG) Fri 6:35-9:45 Sat-Mon 12:10-3:20-6:35-9:45 Tue-Thu 12:20-3:30-6:40-9:50
Jack Ryan: Shadow Recruit (PG) Fri 7:30-10:05 Sat-Mon 1:30-4:25-7:30-10:05 Tue-Thu 1:50-4:25-7:30-10:05
The LEGO Movie (G) Sat-Mon 12:20 Tue 1 Star & Strollers Screening Wed 1:30 Thu 1
The LEGO Movie 3D (G) Fri 7:50-10:15 Sat-Mon 2:50-5:20-7:50-10:15 Tue-Thu 4:05-6:30-9:25
The Nut Job (G) Sat-Mon 12:55 Tue-Thu 1:40
The Nut Job 3D (G) Fri 7:40 Sat-Mon 3:10-5:30-7:40 Tue-Thu 4:35-7:40
RoboCop (PG) No Passes Fri 7:10-10:05 No Passes Sat-Tue 1:20-4:15-7:10-10:05 No Passes Wed 4:15-7:10-10:05 No Passes Thu 1:20-4:15-7:10-10:05 Star & Strollers Screening, No Passes Wed 1:30
The Wolf of Wall Street (18A) Fri 8:45 Sat-Thu 12:45-4:45-8:45

Galaxy Cinemas Normanview S.C. 420 McCarthy Blvd. N. Unit

The Big Chill (STC) Sun 12:55 Wed 7
Cloudy With a Chance of Meatballs (G) Sat 11
Endless Love (PG) No Passes Fri 4:55-7:30-10:15 No Passes Sat-Tue 12-2:25-4:55-7:30-10:15 No Passes Wed-Thu 2:20-4:55-7:30-10:15
Frozen (G) Sat-Thu 1:20
Frozen 3D (G) Fri-Thu 4:05-6:45
Labor Day (PG) Fri-Wed 9:40 Thu 10:20
The LEGO Movie (G) Fri 4:20-6:50 Sat 11:15-1:45-4:20-6:50 Sun 1:45-4:20-7 Mon-Tue 1:45-4:20-6:50 Wed-Thu 1:45-4:20-7
The LEGO Movie 3D (G) Fri 5:05-7:45-10:10 Sat-Tue 12-2:30-5:05-7:45-10:10 Wed-Thu 2:30-5:05-7:45-10:10
Lone Survivor (14A) Fri-Thu 9:30
The Monuments Men (PG) Fri 4:10-7:15-10:05 Sat 1:15-4:10-7:15-10:05 Sun 1:10-4:10-7:15-10:05 Mon-Thu 1:15-4:10-7:15-10:05
Pompeii 3D (STC) Thu 10
Ride Along (PG) Fri 5:25-7:55-10:30 Sat-Wed 12:35-3:5:25-7:55-10:30 Thu 12:35-3-5:25-8-10:30
RoboCop (PG) No Passes Fri 4:35-7:25-10:20 No Passes Sat-Tue 1:40-4:35-7:25-10:20 No Passes Wed-Thu 1:40-4:35-7:20-10:20
Takedown: The DNA of GSP (PG) Thu 7:30
That Awkward Moment (14A) Fri 5:15-7:35-9:55 Sat 12:30-2:50-5:15-7:35-9:55 Sun 3:55-7:35-9:55 Mon-Tue 12:30-2:50-5:15-7:35-9:55 Wed 2:50-5:15-7:35-9:55 Thu 2:50-5:15-9:55
Vampire Academy (PG) Fri 5:10-7:50-10:25 Sat 11:55-2:35-5:10-7:50-10:25 Sun-Tue 2:35-5:10-7:50-10:25 Wed 2:15-4:45-10:25 Thu 2:35-5:10-7:50
Winter's Tale (PG) No Passes Fri 4:15-7:05-10 No Passes Sat-Thu 1:30-4:15-7:05-10

Kramer IMAX Theatre 2903 Powerhouse Dr.

Flight of the Butterflies 3D (STC) Fri-Sat 1
The Hunger Games: Catching Fire (PG) Fri-Sat 3:30 Sun 2:15
Rocky Mountain Express (STC) Fri-Sat 2:15-7 Sun 1

Golden Mile 3806 Albert St.

47 Ronin (PG) Fri-Thu 9:25
Captain Phillips (PG) Fri-Thu 6:30-9:10
Cloudy With a Chance of Meatballs 2 (G) Fri-Thu 1:15-3:50-6:50
Gravity (PG) Fri-Thu 1:25-3:45-7-9:15
The Hobbit: The Desolation of Smaug (PG) Fri-Thu 1:40-7:10
I, Frankenstein (PG) Fri-Thu 1:15-3:55-6:50-9:25
Inside Llewyn Davis (14A) Fri-Thu 1:20-6:35
Mandela: Long Walk to Freedom (14A) Fri-Thu 3:45-9:05
Saving Mr. Banks (G) Fri-Thu 1:10-3:50-6:30-9:15
The Secret Life of Walter Mitty (G) Fri-Thu 1:10-4-6:40-9:05
Walking With Dinosaurs (G) Fri-Thu 1:30-4:05

Regina Public Library Film Theatre, 23 11 12th Ave.

InRealLife (STC) Thu 9
The Invisible Woman (PG) Fri 9 Sat 7 Sun 9
Legends of Madagascar (STC) Wed 9
Let the Fire Burn (STC) Thu 7
No Films Showing Today (STC) Mon-Tue
Ordinary People (STC) Wed 6:45
These Birds Walk (STC) Fri 7 Sat 9 Sun 7

YOUR HEALTH

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#63

NPN 80035385.

Helps to activate naturally millions of stem cells from our own bone marrow. The increase in stem cells released from the bone marrow into the blood stream have the potential to become other types of tissue cells with specialized function. Stem cells will multiply and are able to become heart cells, liver cells or any other organ. Located everywhere in our body, stem cells are even **under our skin layered between the epidermis and dermis.** This is why an increase in stem cells under our skin may help to create a more youthful cell that would replenish elastin and collagen and thus may make us look younger. If our bone marrow does not produce enough stem cells this can result in many illnesses, especially a weak heart, kidneys, liver, pancreas, in fact all healthy functions of our body are decreased. Sufficient stem cells in our body have a great potential of self-repair and the ability to rejuvenate tissues.

■ **Women looking for anti-aging help!** We all want to slow down aging. After using a bottle of Bell Stem Cell Activator #63 my skin seemed smoother and brighter. My hair looked healthier. It seems to have a cleansing effect. I'm delighted. *Leona McCormick, 50, Clgary, AB* ■ **All around healing effect!** The first thing I noticed after starting Bell Stem Cell Activator #63 was that my skin feels firmer and stronger. My friends commented that my skin looks more vibrant. My doctor at my yearly physical told me that my blood pressure is significantly lower. Many good things are happening. *Joy Davison, 55, Calgary, AB* ■ **Best natural medicine I ever took!** First day of using the Bell Stem Cell Activator my energy levels were way up. No more afternoon slump. A friend stopped me asking me what I was using on my skin. My pain in my hip is gone. My pants got looser. Christine Blythe, 54, Hamilton, ON

CURCUMIN

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NPN 80030470. Herbal medicine to aid digestion.

Helps with back pain, inflammation, stomach troubles, strengthens heart muscle and circulation, reduces nervousness and insomnia.

With Cayenne pepper Dr. D. Servan-Schreiber M.D. writes in his book "ANTICANCER" pepper multiplies the body's absorption of curcumin by two thousand times.

Actual Results. ■ **Lower back pain relief.** Took 2 capsules and 1 at night. Next morning my back pain was completely gone. Heating pad and drugs did not help. Valerie Peoples, 53, Jonesboro, GA ■ **Parking ticket officer** had stress relief, no more angina chest pain, increased blood circulation in cold whether, has now also warm hands and feet. Joel Phelps, 47, Windsor, ON ■ **For 30 years had inflammation** in my foot from ball games. A good Turmeric was recommended (Curcumin is an extract). After 1 day had 90% pain relief. I was amazed how quickly it took effect. As a bonus had other health benefits including insomnia relief. Dan DeZorzi, 42, Maidstone, ON

Inflammexx

#70

NPN 80041845 An anti-inflammatory to help joint pain.

By Dr. Chakib Hammoud, M.H.,PhD.

People write us it helps with all types of inflammation: ■ **For the last 7-8 years I had inflammation in my spine L4 & L5,** back and neck muscles that was unbearable and almost crippled me. After starting #70 for 30 days it gave me relief like a miracle. Most pain has disappeared and I can function again. Heather Tremblay, 53, Medicine Hat, AB ■ **Had "Charlie horses" bumps on my legs that were very painful.** I tried everything. After taking #70 the bumps diminished and I had no more pain. Mary Griego, 67, Tijeras, NM ■ **I had shingles for 30 years. After taking #70** for my shingles I discovered it also relieved my frozen shoulders. I can now raise my arms above my head, exercise and do all work again. I am ecstatic. Lovorn M. Bowe, 60, Roanoke, VA ■ **Big difference in chronic nerve pain** I suffered for 15 years all over my body, especially sciatica, osteoporosis, gout. I had great relief within 1 week. Cecile Sager, 69, Verner, ON ■ **Inflamed achilles tendon relief in 2 weeks.** I am back on the court playing basket ball. Inflammexx is amazing. Alan R. Spady, 67, Bothell, WA

ARTHRITIS

#1

NPN 80042283 Helps to relieve joint pain associated with osteoarthritis.

Truthful actual experiences from real people:

■ **For 40 years I had injections and drugs and finally Bell Shark Cartilage #1** spared me the endless torture I suffered day and night. Pat Laughlin, Coldwater, ON ■ **My hip is 95% pain free.** Pain killing drugs mask and Bell Shark Cartilage heals. Rebecca Hite, Oroville, CA ■ **I tried another brand and pain came back.** 2 weeks on Bell and pain is gone again. Gert Dupuis, Hanmer, ON ■ **Many people on our website write:** "Can walk again for hours";"Can climb stairs without hanging on to railing";"First time in 15 years can sleep at night" **Rheumatoid pain** in joints down 90%, same for my sister. Works also for sciatica…hundreds of testimonials all with full names and towns. Shark bones/cartilage was a previously thrown away by-product of the food industry. No sharks are caught for their cartilage. Don't let any activist confuse you.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Rolling Stone's Hoffman cover swap brings out the worst in 'disgusted' Drake

THE WORD
Dorothy Robinson
scene@metronews.ca

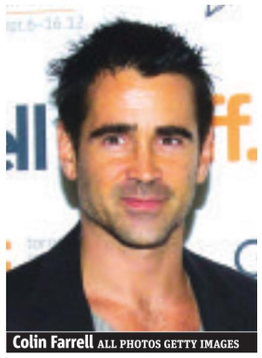
Drake has a little problem with Rolling Stone. The rapper has now sworn off magazine interviews after he claims Rolling Stone tossed his cover for the late Philip Seymour Hoffman for this month's issue — and misquoted him regarding his "mentor" Kanye West's Yeezus" album.

"There were some real questionable bars on there. Like that Swaghili line? Come on, man. Even Fabolous wouldn't say some s— like that," he supposedly said, which the mag then printed. Drake took to Twitter to recant the line. "I never commented on Yeezus for my interview portion of Rolling Stone," he wrote.

"They also took my cover from me last minute and ran the issue."

Regarding the "took my cover" mention — that's media speak for Drake being promised the cover in exchange for the interview.

He was apparently then bumped by the editors for Hoffman. "I'm disgusted with that. RIP to Phillip Seymour Hoffman. All respect due. But the press is evil," he wrote (it should be noted that all of Drake's tweets have since been deleted). "I'm done doing interviews for magazines. I just want to give my music to the people. That's the only way my message gets across accurately." That, or Twitter.



Colin Farrell ALL PHOTOS GETTY IMAGES

Afternoon delight not so delightful for Farrell since jumping on the wagon

Colin Farrell admits adjusting to a life of sobriety eight years ago was a bit daunting. "I was worried I wouldn't be able to talk, full stop," he tells Elle magazine. "I hadn't uttered a word sober in about 15 years." But that wasn't all he was worried about tackling without the help of a drink. "I made love to a woman about two and a half years after I got clean, and it was one of the most terrifying moments of my life," he says. "It was in the afternoon. The windows and the curtains were open. It was lovely and, to be crass, it wasn't f—ing. She was very gentle. But it was terrifying. Because I was just used to drunkenness and dark rooms and clubs and toilets and wherever."

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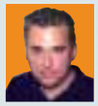

LIQUID ASSETS
Peter Rockwell
@therealwineguy
Facebook: therealwineguy
liquidassets@eastlink.ca

Happy Valentine's Day!

After Christmas, Thanksgiving and Easter, today is the biggest wine buying day of the year. And it should be. Short of keys to a new car, there's no better way to show your love than from the inside of a glass.

It's a holiday to toot the horn of sparkling wines. Not only do they pair well with everything, they taste sublime all by their lonesome.

Pink versions really speak to Valentine's Day, with France's Louis Bouillot "Perle d'Aurore" Crémant de Bourgogne Rosé ($19.99 - $28.29) a non-vintage, Burgundy-based fizzy that takes its production and grape blend cues from the champagne region.

Its soft, red berry flavours and delicate, crushed raspberry aromatics are a burst of summertime that will warm the winter-ravaged heart of your special someone.

If you're having a love affair with the Olympics this month, crack a Molson Canadian Victory Bottle (625 ml, $4.20 - $4.95). It's a limited edition inspired by the three litre versions given to Canadian athletes during the 2010 games in Vancouver.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

EAT 3

Looking for a new and unique take on a savoury Asian classic? Bestselling Australian chef Donna Hay shows us how as we wrap up Metro's sweet week with recipes from her cookbook Fast, Fresh, Simple.

Making V-Day sizzle

FAST, FRESH, SIMPLE
Donna Hay
gustotv.com

This recipe serves four. BOTH PHOTOS DONNA HAY

Dinner For Two

Chicken with Haloumi and Honey

- 2 x 200 g chicken breast fillets, trimmed
- 150 g haloumi, cut into 4 slices
- 1 tbsp shredded lemon zest
- 6 sprigs lemon thyme
- 1 tbsp each olive oil
- 1 tbsp honey
- fig and arugula salad, to serve

1. Preheat the oven to 180 C (350 F).

2. Place the chicken, haloumi, zest and lemon thyme in a ceramic baking dish. Combine the oil and honey and pour over.

3. Bake for 18–20 minutes or until chicken is cooked through.

4. Serve with a fig and arugula salad. **DONNA HAY, GUSTOTV.COM**

1. Preheat oven to 180 C (350 F).

2. Brush the edges of the wonton wrappers with a little butter and place a chocolate square on one half of each wrapper. Fold over the wrappers to enclose and press to seal.

3. Place on a baking tray lined with non-stick baking paper. Brush wontons with butter and sprinkle with combined cinnamon and sugar.

4. Blake for 8 minutes or until golden. **WATCH DONNA HAY FAST, FRESH, SIMPLE MONDAY TO THURSDAY AT 6 P.M. EST ON GUSTO TV, CANADA'S NEW FOOD & LIFESTYLE CHANNEL. VISIT GUSTOTV.COM FOR FULL PROGRAM LINE-UP AND MORE GREAT RECIPE IDEAS.**

GustoTV

Australian chef Donna Hay is one of the great culinary masters airing on GustoTV. One of Canada's newest TV channels, Gusto features cooking and culinary travel shows each night, hosted by chefs and foodies from around the world, as well as here at home. For more details, check your local listings or visit GustoTV.com.

Ingredients

- 16 wonton wrappers
- 40 g butter, melted
- 16 small squares (120 g) dark chocolate
- 1 tsp ground cinnamon
- 2 tbsp caster (superfine) sugar

SPORTS 4

Canada shrugs off nerves

Men's hockey. Canucks overcome early jitters to dominate Norway

Canada's Corey Perry attempts a shot from the side of the net against Norway goalie Lars Haugen on Thursday in Sochi, Russia. STREETER LECKA/GETTY IMAGES

Several minutes after Norway took the ice for its pre-game warm-up on Thursday, pucks still hadn't arrived. Players skated or just stood around waiting.

It turned out to be a preview of the second period, when Team Canada found its groove after a slow start and simply dominated the Norwegians on its way to a 3-1 victory in its opening game of the Olympic men's hockey tournament.

It was a stark contrast from Canada's scoreless, sluggish first period, which players attributed to nerves more than any technical adjustments.

Mentally, though, it was like a switch got flipped.

"You're playing your first game and everyone's probably thinking about where they need to be and systems — probably a thousand things going through their minds," captain Sidney Crosby said. "I think just once we settled in and realized how we play and how we need to play, we started to get some good results."

Canada, which got goals from Shea Weber and Jamie Benn during the second and one from Drew Doughty later to provide insurance, was tenuous at best and sloppy at worst early on. Being unsure of the big ice, of new teammates, of unfamiliar opponents, led to pucks hopping over sticks and players going offside at inopportune times.

Preliminary round

Canada	Norway
3	1

Getting quality shots wasn't possible because the puck wasn't getting into prime scoring areas.

"I thought in the first period we didn't execute as well as we'd like," coach Mike Babcock said. "I thought we tried hard, didn't execute."

Babcock-coached teams are all about detail-oriented execution. When that was lacking, Norway was able to use tight, five-man units to frustrate the Canadians and keep them off the scoreboard.

Some of the credit has to go to Norway, but the proof of Canada's control over this game came almost immediately after the first intermission. Suddenly the puck was only in the offensive zone, and it looked like the NHL stars were toying with inferior competition.

"We probably calmed down, played our game a little more, kept pucks in, hunted really good, put pucks on net and went there — found rebounds, second chances and really controlled the puck, controlled the pace," winger Chris Kunitz said. THE CANADIAN PRESS

Quoted

"Any time you're playing with a new group, there's going to be a little bit of a feeling-out period there."

Team Canada defenceman Alex Pietrangelo

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Thrill of the chase inspires Chan

Patrick Chan gestures as he waits for his results after the men's short program competition in Sochi on Thursday. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Figure Skating. Three-time world champ trails Japan's 100-point phenom

As the most dominant skater on the planet for the past three years, Patrick Chan has been peering over his shoulder, skating with a target on his back that had grown increasingly heavy.

Canada's three-time world champion goes into the Friday's long program at the Sochi Olympics in second place, looking at someone else's back for a change — and it's a position the Toronto skater doesn't mind at all.

"I like being in second, I like being in the chase. It's exciting," Chan said afterward — sounding more relaxed post-competition than he has in awhile.

Yuzuru Hanyu — a 19-year-old Japanese phenom who lives and trains in Toronto — won the short program with a whopping world-record 101.45 points, making him the first man in history to break the 100-point barrier.

The 23-year-old Chan, who's gunning for Canada's first-ever Olympic gold in men's singles, scored 97.52, landing a beautiful quadruple toe loop-triple toe loop combination to open the program. But he slightly over-rotated a triple Axel that was so big it got away from him.

Chan is well ahead of third-place Javier Fernandez of Spain (86.98), setting up virtually a two-man race Friday for gold.

It was a rough night for Canada's other two skaters. Kevin Reynolds of Coquitlam, B.C., was 17th in the short program after falling twice. Liam Firus of North Vancouver, B.C., was 28th and didn't qualify for the long program.

Chan's night, by comparison, wasn't nearly so dramatic. He felt relieved he didn't fall on his triple Axel, saying he could tell when he looked on the replay that he "had way more height than normal."

But Chan's performance was otherwise flawless.

Chan has been No. 1 in the world since winning the 2011 world championship in Moscow by a margin so wide it was like he was skating in a one-man field. But through two more world titles, the margin of victory had narrowed, and the pressure on the Canadian increased.

And in December, the upstart Hanyu topped the Canadian at the Grand Prix Final — Chan's first loss against a full international field in three years.

When asked if Hanyu will feel the weight of a target, Chan said: "Absolutely."

THE CANADIAN PRESS

Sizing up his new rival

"Yuzuru has a target that he's not used to having. And at the Olympics the target is double in size."

Canadian Olympian Patrick Chan explains why it will be difficult for his opponent to prevail

Figure skating

Back injury forces Plushenko's exit

Evgeni Plushenko withdrew for medical reasons Thursday from the men's figure skating competition at the Sochi Olympics.

The four-time medallist fell on a triple Axel during warmups for the short program and immediately grabbed his back. He attempted another Axel , botched it, and then skated to the event referee and withdrew.

THE ASSOCIATED PRESS

Points for persistence

Abbott goes down but not out

American champion Jeremy Abbott crashed hard on his back on his quad, sliding into the protective padding around the boards. He stayed down for several moments before getting back on his feet and finishing his program as the crowd cheered him on. He was 15th. THE CANADIAN PRESS

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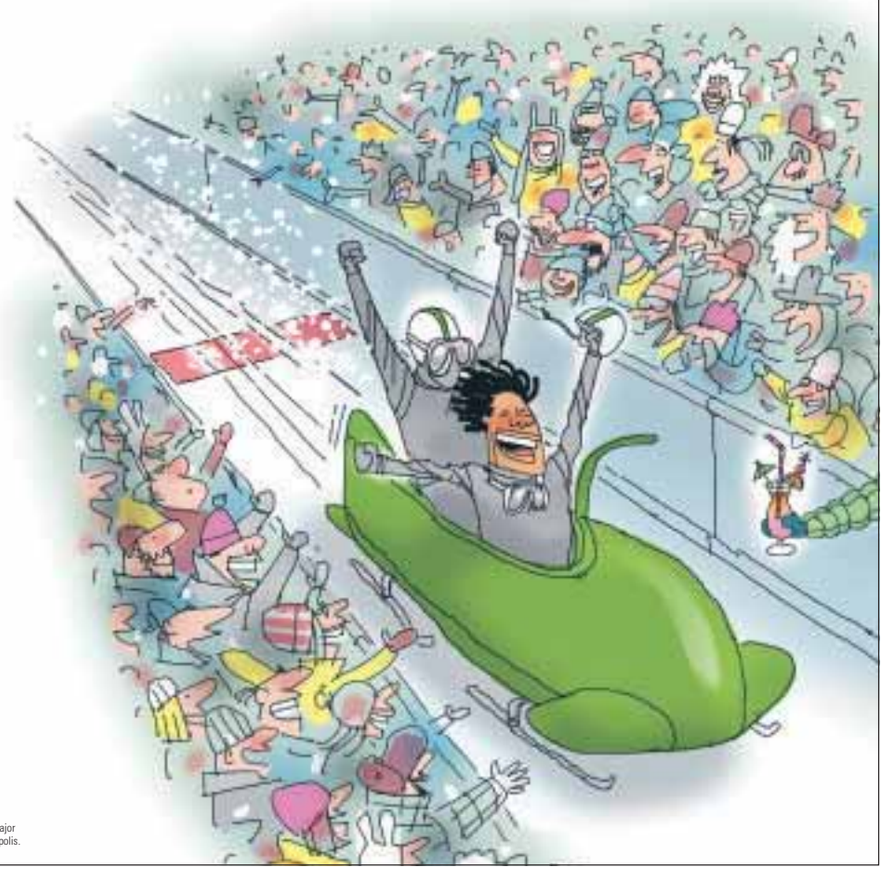


CFL. Butler leaving Saskatchewan for a spot closer to home with Ticats

Craig Butler swears he won't be showing off his Grey Cup ring in the Hamilton Tiger-Cats' dressing room.

But the Canadian defensive back, who signed a three-year contract with Hamilton after spending his first three CFL seasons with the Saskatchewan Roughriders, promises he'll bring his winning attitude to a team he feels is already on a roll.

"I want to bring some leadership to the team," said the 25-year-old native of London, Ont., and former Western Ontario Mustangs star.

It's probably best to keep the ring under wraps. It would only rub salt in a wound after Hamilton lost the championship game 45-23 to the Roughriders.

Butler was a big part of their success. He led the Grey Cup champions last season with 60 tackles and also had four interceptions and is happy to list his strengths.

Butler was among the three free-agent signings Hamilton unveiled Thursday. The others included: defensive back Brandon Stewart from the Winnipeg Blue Bombers and offensive lineman Steve Myddelton from the B.C. Lions.

Hamilton has also signed import receiver Cary Koch from the Edmonton Eskimos and former Roughriders linebacker Abraham. The club re-signed Canadian linebacker Marc Beswick, the East Division's top special-teams player last year on Tuesday. THE CANADIAN PRESS

Dream job

"Experience. Versatility. Passion. I love this game. It's my job but I love it more than anything."

Former Riders' defensive back Craig Butler

Canada's skip Brad Jacobs delivers the rock while Ryan Harnden, left, and E.J. Harnden sweep against Denmark on Thursday. WONG MAYE-E/THE ASSOCIATED PRESS

Brad rebuilding his reputation as a winner

Curling. Canada back above .500 after shaky start in Russia

Brad Jacobs' rink continued its comeback at the Olympic curling competition Thursday, defeating Denmark 7-6 to improve to 3-2.

After back-to-back losses to Switzerland and Sweden, the Canadian men righted themselves with wins over Russia and Denmark.

"I think we're back on track," said Canadian lead Ryan Harnden. "We're still not playing to the best of our abilities, but we're getting there. We'll build off this one and just move on to tomorrow

"We're getting better," added Jacobs. "I really think we played really well in the last four games. We're learning each and every game and we're bringing a lot more intensity out there, which is what we need to do."

The Danes led 2-1 after three ends before Canada scored two in the fourth and sixth — with the Danes scoring one in the fifth — to lead 5-3. Danish skip Rasmus Stjerne pulled one back in the seventh to cut the deficit to 5-4 but Jacobs responded in the eighth to make it 6-4.

A two by Denmark (2-3) sent it tied at 6-6 into the 10th.

Canadian third Ryan Fry cleared two guards and Danish counterpart Johnny Frederiksen hogged his attempt to place a guard. Stjerne sent his last shot through the house, setting the scene for Jacobs to draw for the winning point.

THE CANADIAN PRESS

Dominant Canuck

"I don't know if we are making it look easy but we are coming out, playing well and making the big shots when we have to."

Canada's Jennifer Jones who beat Denmark and Switzerland Thursday to improve to 5-0.

MEDALS

Nation	G	S	B	Tot.
Norway	4	3	6	13
Netherlands	4	3	5	12
United States of America	4	2	6	12
Russian Federation	2	5	4	11
Germany	7	2	1	10
Canada	**4**	**4**	**2**	**10**

WHAT CANADA DID

THURSDAY

BIATHLON

Men's Individual 20 km - Brendan Green, Hay River, N.W.T., 21st, (52 minutes 5.3 seconds, +2 minutes 33.6 seconds); Nathan Smith, Calgary, 25th, (52:41.3); Jean-Philippe Le Guellec, Shannon, Que., 35th, (53:25.5); Scott Perras, Regina, 59th, (56:04.3).

CROSS-COUNTRY SKIING

Ladies' 10 km Classic - Brittany Webster, Caledon, Ont., 42nd, (31 minutes 41 seconds, +3 minutes 23.2 seconds); Daria Gaiazova, Banff, Alta., 44th, (31:47.0); Amanda Ammar, Onoway, Alta., 55th, (32:48.8); Heidi Widmer, Banff, Alta., 57th, (33:01.9).

CURLING

Women's Round Robin Session 5 - Canada 8 Denmark 5

Women's Round Robin Session 5 - Canada 8 Switzerland 5 (Standings: Canada 5-0, 1st)

Men's Round Robin Session 6 - Canada 7 Denmark 6 (Standings: Canada 3-2, 5th)

FIGURE SKATING

Men Short Program - x-Patrick Chan, Toronto, 2nd, (97.52); x-Kevin Reynolds, North Vancouver, B.C., 17th, (68.76); Liam Firus, North Vancouver, B.C., 28th (55.04).

x- qualified for Free Program

ICE HOCKEY

Men's Preliminary Round - Group B - Canada 3 Norway 1

FREESTYLE SKIING

Men's Ski Slopestyle Qualification - x-Alex Beaulieu-Marchand, Quebec City, 6th, (85.60).

x- qualified for final

Men's Ski Slopestyle Final - Alex Beaulieu-Marchand, 12th, (21.40)

Men's Ski Slopestyle Final Ranking: Alex Beaulieu-Marchand, 12th.

LUGE

Team Relay Competition - Canada (Alex Gough (Calgary), Samuel Edney (Calgary), Tristan Walker (Cochrane, Alta.), Justin Snith (Calgary)), 4th, (two minutes 47.395 seconds, +1.746 seconds).

SHORT TRACK

Ladies' 500 m Quarterfinals - Heat 1: x-Marianne St-Gelais, St-Felicien, Que., 2nd, (43.595 seconds); **Heat 2:** Jessica Hewitt, Kamloops, B.C., 4th (1:00.971); **Heat 4:** Valerie Maltais, La Baie, Que., 3rd, (43.550).

x- qualified for semifinal

Ladies' 500 m Semifinals - Heat 1: x-Marianne St-Gelais, 3rd, (44.069).

x- qualified for Final B

Ladies' 500 m Final B - Marianne St-Gelais, 4th, (44.359).

Ladies' 500 Final Ranking: Marianne St-Gelais, 7th; Valerie Maltais, 9th; Jessica Hewitt, 13th.

Men's 1000 m Heats - Heat 1: x-Charle Cournoyer, Boucherville, Que., 1st, (one minute 24.787 seconds); **Heat 2:** x-Olivier Jean, Lachenaie, Que., 1st, (1:26.089); **Heat 5:** x-Charles Hamelin, Sainte-Julie, Que., 1st, (1:25.742).

x- qualified for quarter-finals on Feb. 15

Men's 5000 m Relay Semifinals - Heat 2: x-Canada (Michael Gilday (Yellowknife, N.W.T.), Charles Hamelin, Francois Hamelin (Sainte-Julie, Que.), Olivier Jean), 4th, (six minutes 48.186 seconds).

x- qualified for Final B on Feb. 21

SKELETON

Women's Heat 1 of 4 - Sarah Reid, Calgary, 7th, (59.14 seconds , +0.71 of a second); Mellisa Hollingsworth, Eckville, Alta., 15th, (59.68).

Women's Heat 2 of 4 - Sarah Reid, 8th, (59.17, +0.71); Mellisa Hollingsworth, 17th, (59.70);

Ranking: Sarah Reid, 8th, (1:58.31, +1.42); Mellisa Hollingsworth, 16th (1:59.38)

Heats 3 and 4 take place on Feb. 14

SPEED SKATING

Ladies' 1000m - Christine Nesbitt, London, Ont., 9th, (one minute 15.62 seconds, +1.60 seconds); Kaylin Irvine, Calgary, 18th, (1:17.24); Kali Christ, Regina, 21st, (1:17.41); Brittany Schussler, Winnipeg, 30th, (1:18.53).

CURLING

All Times Eastern

MEN

Thursday's results

Canada 7 Denmark 6
Russia 7 Switzerland 6
Sweden 5 Norway 4
Britain 5 United States 3

WOMEN

Thursday's results

Canada 8 Denmark 5
Canada 8 Switzerland 5
Britain 8 China 7
Sweden 9 Switzerland 8
Sweden 7 Denmark 6
South Korea 8 Russia 4
United States 8 Japan 6

HOCKEY

PRELIMINARY ROUND

MEN

All times Eastern

Thursday's results

Canada 3 Norway 1
Finland 8 Austria 4
Russia 5 Slovenia 2
United States 7 Slovakia 1

Friday's games

Czech Republic at Latvia, 3 a.m.
Sweden at Switzerland, 7:30 a.m.
Canada at Austria, 12 p.m.
Norway at Finland, 12 p.m.

CANADA 3, NORWAY 1

First Period — No Scoring.

Penalties — Getzlaf Cda (tripping) 17:19.

Second Period

1. Canada, Weber 1 (Keith, Bergeron) 6:20.
2. Canada, Benn 1 (Bergeron, Doughty) 15:19.

Penalties — Sharp Cda (hooking) 16:03, Keith Cda (holding) 19:33.

Third Period

3. Norway, Thoresen 1 (Olimb) 0:22 (pp).
4. Canada, Doughty 1 (Getzlaf, Marleau) 1:47.

Penalties — Forsberg Nor (interference) 11:01, Kunitz Cda (slashing) 12:17, Bonsaksen Nor (roughing) 12:17, Bergeron Cda (interference) 18:21.

Shots

Canada	9	14	15—38
Norway	8	2	10—20

Goal — Canada: Price (W); Norway: Haugen (L).

Power plays (goal-chances) — Canada: 0-2; Norway: 1-4.

Referees — Mike Leggo, Marcus Vinnerborg.

Linesmen — Andy McElman, Christopher Woodworth.

Attendance — 10,261 at Sochi, Russia.

WOMEN

Thursday's results

Germany 4 Japan 0
Russia 3 Sweden 1

Saturday's games

QUARTERFINALS

Finland vs. Sweden, 3 a.m.
Switzerland vs. Russia, 7:30 a.m.

Anna Sidorova

Russia's newest Tweetheart

Curling continues to be the most tweeted sport at the Olympics.

Russia has Anna Sidorova competing for the host nation; Sidorova has become one of the sex symbols of the Sochi Games.

Sidorova has become a bit of an international celebrity after posing in a racy — teddy, thigh-high stockings and heels — picture.

TORSTAR NEWS SERVICE/THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
Although today's full moon takes place in your fellow Fire sign of Aries you could still get emotional and say things you later regret, so bite your tongue and keep your feelings to yourself — for now.

♉ Taurus
April 21 - May 21
You like to aim high but sometimes you wonder if it's worth the effort. Only you can decide but today is not a good time to make decisions concerning either your career or your family.

♊ Gemini
May 22 - June 21
Today's full moon makes minor disputes seem bigger than they actually are, but now that you know that you can make a conscious effort not to take what you see and hear seriously.

♋ Cancer
June 22 - July 23
What looks confusing now will seem logical come the start of next week, so no matter what happens over the next two or three days, don't let it worry you. That applies especially to money matters.

♌ Leo
July 24 - Aug. 23
Try not to jump to conclusions today because either your grasp of the facts is wrong or you are looking at them through an emotional haze.

♍ Virgo
Aug. 24 - Sept. 23
As today's full moon occurs in the most sensitive area of your chart, things you could not usually care less about will worry you. Provided you don't act on those worries everything will be fine.

♎ Libra
Sept. 24 - Oct. 23
It may be annoying that someone is dragging their feet but don't make an issue of it. The full moon means you just have to accept that not everyone thinks or moves or acts as fast as you.

♏ Scorpio
Oct. 24 - Nov. 22
It seems you're having second thoughts about a career move. You want to move up in the world, of course, but is this the route you should be taking? Think about it but don't make any decisions until next week.

♐ Sagittarius
Nov. 23 - Dec. 21
If you do things for others that they should be doing for themselves it won't be long before they expect you to do it all. Let others know that they need to take more responsibility for themselves.

♑ Capricorn
Dec. 22 - Jan. 20
It seems you'd rather go on making mistakes than admit you're on the wrong track. Your fixity of purpose is often a great strength but not when you so obviously need to change direction.

♒ Aquarius
Jan. 21 - Feb. 19
Today's full moon can either be a positive or a negative influence, depending on how you choose to react to people who annoy you. No matter what they do or say, just smile.

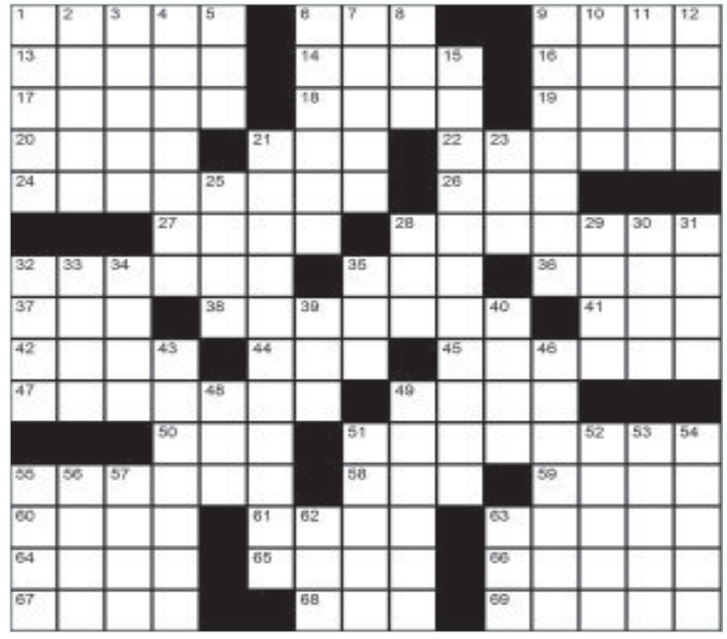
♓ Pisces
Feb. 20 - March 20
What you have been doing is good but the way you have been doing it is bad and today's full moon will in some way highlight that fact.

SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



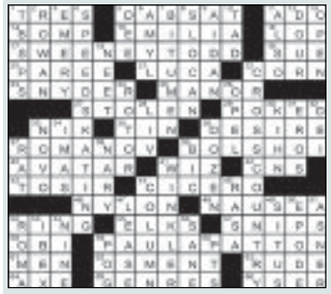
Across

1. Valentine's Day shape
6. SOCHI 2014 - US broadcaster of the Olympics
9. Hailed rides
13. Variant-spelled sea eagles
14. Banned orchard spray
16. Odd mixture
17. Hair salon service
18. Jackson 5 member
19. Eve's opposite
20. Gull-like bird
21. Witty wordplay
22. SOCHI 2014 - Alpine Skiing event, __-_
24. Greeting card company
26. 'Propyl' suffix (Flammable gas)
27. Books bag
28. It's on the Ontario-Quebec border, Lake __
32. Detector
35. CV of life
36. Rosie O'Donnell movie, "Exit to __" (1994)
37. Deuce
38. Actor, Sir John __ (b.1904 - d.2000)
41. "Yikes!"
42. River to the Ubangi
44. Grand __ (Wine classification)
45. Is feeling seasick
47. Count __, Anna Karenina's beloved
49. Cooking fat
50. __-Tac-Toe
51. SOCHI 2014 - Winter Olympics sport
55. Berlin's "Take My __ Away"
58. Sewing __
59. Rattle
60. Elusive snowy monster
61. Genesis kid
63. Fennel-like flavour
64. Blue/green
65. Man on the Moon
66. Beeped
67. Extensions
68. Li'l response
69. House builder's needs

Down

1. Famed journalist, Seymour __
2. "Parenthood" actress Ms. Christensen
3. Invalidate
4. Sprinkles that non-slip stuff on the winter roads again
5. The Waste Land poet's monogram
6. Mother __
7. Rock band, __-182
8. Feline
9. SOCHI 2014 - Go for the gold
10. Balm additive
11. Whirring sound
12. Tunesmith's creation
15. Romantic gift on February 14th: 2 wds.
21. SOCHI 2014 - Canadian star of Figure Skating: 2 wds.
23. Single
25. Retro synthesizer
28. Lettered insurance co.
29. Creative thinking result
30. Hive denizens
31. Like tattoos
32. Alphabetic sequence
33. Spouted water container
34. __ contendere (Court plea)
35. __-ray player
39. 'Brew' suffix
40. Affaire d'honneur
43. Necessitates
46. Bangles ballad: "__ Flame"
48. Rest
49. Abilities
51. Bundle of yarn
52. Boreal forest
53. Mary-Kate __
54. Shortages
55. Computer's nibble?
56. Careen
57. And others, briefly: 2 wds.
62. Princess Eugenie's sis
63. Smartphone add-on

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

3	2	5	4	7	8	1	6	9
1	9	6	5	2	3	7	4	8
4	7	8	9	6	1	2	5	3
9	3	1	6	5	2	4	8	7
8	5	4	7	1	9	6	3	2
7	6	2	3	8	4	5	9	1
6	4	3	2	9	7	8	1	5
2	1	9	8	4	5	3	7	6
5	8	7	1	3	6	9	2	4

Today
-11°/-17°
Variable

Saturday
-12°/-16°
Flurries
40%

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